The present crusade against the use of tobacco, and its disastrous effects, is no less important, than that again. st alcoholic drinks. Indeed they may properly be classed as twin brothers, for, as a rule, one who indulges in one, indulges, more or less in the

Both of these bad habits affect the proper and natural action of both the beart and the brain-two of the most potent and vital organs of 'the human body, on whose proper and heal. thy action we depend to enable us to properly and efficiently discharge the daily duties and labors of life.

This being the ase, how necessary and important it is that we take timely warning from others who have suffered in many distressing ways through their indulgence in foolish and pernicious habits.

Having been an inveterate smoker and chewer of strong tobacco for 45 years or more, which cost me many hard-earned dollar, as well as many a headache and heartache, I ought to be qualified to speak authoratively on the tobacco question and its evil consequences.

My pipe and my chew used to en. slave me so that many a time I have got up in the night to appease my morbid abnormal desire, and if I should happen to leave home, forget. ful of my pipe and tobacco-even if my work lay at a considerable dis. tance away from home, I would have o return to curry the favor of my nasty, stinking, coffin-nail nicotine master. So much control did he have of me, that while out in company, the craving I had for my pet pipe and tobacco was so that I would frequently have to excuse myself for awhile, for a greedy smoke or chew at the back door.

At last, seeing Mr. Nicotine was sapping the foundation of my health and happiness, I resolved to put myself\_will and moral courage to the test, and see which of the two of us were master, so I laid my pipe and Given Verdict of \$2,000 obacco on the shelf and began the struggle, and struggle sure it was

I used to go once in awhile to look at them to see whether or not my of my old tyrant foes.

was doing and kept fumbling and 1919. seling in my pockets for the appar- Mr. Thornton will ask for a new ation that haunted me, but at last I trial, it is said. was victor, and ever since I have been glad that I succeeded so well; for while under such slavish bondage, I felt abashed, and was losing repentance.

vent evil habits than to cure them. So put some of them into practice. young men take notice and heed this

My first use of the abnomable weed was when I was quite young. In those

### Dollars and Cents.

Counting it only in dollars and cost you? A man may not always stop work when he has a cold, but perhaps it would be better if he did. It takes about ten days to get completely rid of a cold under the usual treatment. That, time can be much shortened by taking Chamberlain's Cough Remedy and proper care of yourself, in fact, a bottle of this remedy in the house is a mighty good and investment during the winter spring months.

Come in and pay your subscription to this paper—don't! wait for our collectors.

days card playing was a very common practice among grown-up young men, who would encourage young lads to smoke, thinking it would make them appear manly, but oh, what an awful, deathly sickness it incurred at first, to learn to smoke

tobacco, a feeling I shall never forget.

I have heard tobacco slaves, as well a liquor sots, declare that once e complete captive to either of these habits absolute abstence is almost impossible, but I know from actual experience that with self reliance, moral courage and strong will power, assisted by good kind encouragement and friendly advice, together with God's help, which assists every worthy human effort, one can, by diligent perseverance subdue and overcome the most of the weaknesses common to humankind, and make the world better and happier for their worthy

-J. C.

Favoring a bonus of \$50 for each month served in the world war, to be paid to every soldier, sailor or me. rine by the federal government, a resolution was adopted by the executive committee of the state branch of the American Legion at a meeting held Saturday in Salt Lake.

The action taken was in response to the national executive committee request, which body recently adopted a similar resolution. A copy of the resolution will be forwarded to the branch posts of the state and each post will telegraph its desires to the congressional delegation at Washington from Utah, according to John E. Holden, state secretary.

Only two state organizations in the Union have objected to the proposal. these being Alabama and Arkansas. Their objection is based on the fear that sudden wealth might incite the negroes to racial disturbances.

### Against A. K. Thornton

In the suit of Mrs. Armenta Hanson vs. A. K. Thornton, which occupied moral strenth was increasing or di. the attention of the district court sevminishing, and to my credit found that eral days last week, the jury brought State of Utah had strength and stamina enough to in a verdict for the plaintiff Saturday shake my fists defiantly in the face for \$2,000. The suit was for \$10,000 for alleged injuries sustained by For over twelve months I was ter. plaintiff and damage to an automo. bly upset and uneasy—so mush so, bile in an accident between Ameri. times, that I scarcely knew what can Fork and Pleasant Grove, May 14,

### SCOUT NOTES

On Sunday and Monday-Washing. confidence in myself, knowing I was ton's birthday and the national holisetting a bad example before my fam- doy-the Boy Scouts of the First and lly and other young people, when I Fourth wards asked permission and should have been influential and ex. received it, to raise the City flag at emplary, in my conduct both at home sunrise and lower it at sunset each and abroad, and sincerely felt that I day. About 15 to 20 boys assembled had much need of genuine and speedy each time and while the flag was being raised and lowered the boys stood In writing this article, the para\_ at attention. They have been studynount point I wish to make is that ing the respects that are due to our it is much better and easier to pre. flag and seized this opportunity to

The Boy Scouts of the First ward spent Saturday on a hike. They left town at 8 a. m. and walked to Grove Creek Canyon, just north of Pleasant refuge in an old shed from the rain vestment in a local company. and cooked their dinner. The clouds rolled away and the boys enjoyed a cents, how much did that last cold good climb up the mountain. They came home afoot, about 5 p. m., all tired, yet happy for their experiences.

> J. TRACEY WOOTTON Attorney at Law

IN AMERICAN FORK SATURDAY OFFICE CHIPMAN BANK BLDG American Fork, Utah SALT LAKE OFFICE 810 KEARNS BLDQ.

PIERCE, CRITCHLOW and BARRETTE.

Attorneys at Law 307 McCornick Bidg., Sait Lake Telephone Was. 702. 19-tf.

M. A. SCOTT, Manager

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New Salt Lake Hotel Under Same Management.

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Age is not everything, but it does mean something to have the confidence of the community after more than 29 years of business life, and of this we are proud.

Bank of Am. Fork

"THE OLD RELIABLE"

#### ESTRAY NOTICE

County of Utah, American Fork Precinct:

I have in my possession the follow. ing described estray animal, which if not claimed and taken away, will be sold at public auction to the highest cash bidder, at my place in American Fork precinct on Saturday, the 6th day of March, 1920, at 2 p. m.

One light red steer, white face, 2year old; no ear marks; brand resembling A O on left shoulder.

Said animal was taken up by me in said precinct on the 25th day of Feb.

SAMUEL DEAN, Poundkeeper of American Fork

### Sait Lake & Utah Railroad Company

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FIRST PREFERRED STOCK

Dividends payable quarterly yields better than 7% annually on presen: Grove. When they arrived they took price. An opportunity for safe in-

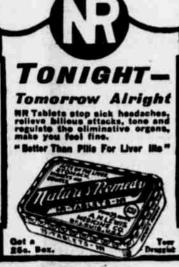
Descriptive circular on application

JOE R. BROWN, Asst. Secretary. SALT LAKE & UTAH BAILBOAD CO Salt Lake City, Utah.



RESTRICTED. neigh borhood One of those n e i ghborhoods

to build a \$10,-000 house? Not so bad as that. But we had to get rid of the goat.



Six Stores—American Fork, Delta Murray, Pleasant Grove and Prove

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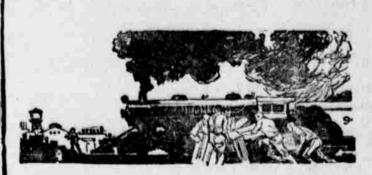
## M. S. LOTT

PLUMBING and HEATING

\*

LEHI

UTAH.



# Carrying a Ton a Mile for less than a Cent

Freight rates have played a very small part in the rising cost of living.

Other causes - the waste of war, under-production, credit inflation -- have added dollars to the cost of the necessities of life, while freight charges have added only cents.

The average charge for hauling a ton of freight a mile is less than a cent.

A suit of clothing that sold for \$30 before the war was carried 2,265 miles by rail from Chicago to Los Angeles for 161/2 cents.

Now the freight charge is 22 cents and the suit sells for \$50.

The cost of the suit has increased 20 dollars. The freight on it has increased only 51 cents.

Other transportation charges enter into the cost of the finished article—carrying the wool to the mills and the cloth to the tailors -but these other charges amount to but a few cents

The \$10 pair of shoes that used to sell for \$5 goes from the New England factory to the Florida dealer for a freight charge of 5% cents-only one cent more than the pre-war rate.

Beef pays only two-thirds of a cent a pound freight from Chicago to New York.

American freight rates are the lowest in the world.

This advertisement is published by the Association of Railway Executives

Those desiring information concerning the railroad situation may obtain literature by writing to The Association of Railway

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